

1-25 (canceled)

26. (previously amended) A method of indication for a unit dose of an orally consumable material for relief of discomfort and supplementing nutrition, comprising:

enclosing a unit dose of orally consumable material in an enclosure having indications, said unit dose comprising a predetermined amount of discomfort reliever, and a predetermined amount of at least one nutritional supplement selected from the group consisting of vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, folic acid, niacin, biotin, beta-carotene, pantothenic acid, calcium, chlorine, chromium, copper, iodine, iron, manganese, molybdenum, phosphorus, potassium, and zinc,

said indications indicating said amount of said discomfort reliever in said unit dose,

said indications indicating said amount of said nutritional supplement in said unit dose,

said indications indicating a percent of a daily value for said nutritional supplement in said unit dose, and

said indications indicating that consumption of said discomfort reliever of said unit dose provides relief for at least one discomfort selected from the group consisting of aches, pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness.

27. (previously added) The method of claim 26 wherein said nutritional supplement is vitamin C and said discomfort reliever is ibuprofen.

28. (previously added) The method of claim 26 wherein said nutritional supplement comprises at least 50 mg of vitamin C and said discomfort reliever comprises at least 50 mg of ibuprofen.

29. (previously amended) The method of claim 26 wherein said indications indicate temporary relief for at least two discomforts selected from the group consisting of minor pain, headache, toothache, backache, muscular aches, fever, running nose, sneezing,

itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, sleepiness, fatigue and drowsiness.

30. (previously amended) The method of claim 26 wherein said indications indicate temporary relief for a discomfort selected from the group consisting of headache, toothache, backache, muscular aches, minor pain of arthritis, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, sleepiness, fatigue and drowsiness.

31. (canceled)

32. (canceled)

33. (previously amended) The method of claim 26 wherein said discomfort is pain, and said discomfort reliever is selected from the group consisting of ibuprofen, naproxen, caffeine, acetaminophen and aspirin, said nutritional supplement is vitamin C, calcium or iron and said percent of a daily value is between one and fifty percent of a daily value.

34. (previously amended) The method of claim 26 wherein said unit dose is formed into a pill, tablet or capsule.

35. (previously amended) The method of claim 26 wherein said said discomfort reliever is selected from the group consisting of ibuprofen, naproxen, caffeine, aspirin, and acetaminophen, and said nutritional supplement is selected from the group consisting of vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, calcium, chlorine, chromium, copper, iodine, iron, manganese, molybdenum, phosphorus, potassium, and zinc.

36. (canceled)

37. (previously added) The method of claim 26 wherein said discomfort is headache.

38. (previously amended) A method of indication for a unit dose of an orally consumable material for relief of discomfort and supplementing nutrition, comprising:

enclosing a unit dose of orally consumable material, in an enclosure having indications, said unit dose comprising a predetermined amount of discomfort reliever selected from the group consisting of ibuprofen, naproxen, caffeine, and acetaminophen, and a predetermined amount of at least one nutritional supplement selected from the group consisting of vitamin, and mineral,

said indications indicating said amount of said discomfort reliever in said unit dose,

said indications indicating said amount of said nutritional supplement in said unit dose, said indications indicating a percent of a daily value for said nutritional supplement in said unit dose, and said indications indicating that consumption of said discomfort reliever of said unit dose provides relief for at least one discomfort selected from the group consisting of aches, pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, sleepiness, fatigue and drowsiness.

39. (previously amended) The method of claim 38 wherein said unit dose consists essentially of said nutritional supplement and said discomfort reliever, and said nutritional supplement is vitamin C and said discomfort reliever is ibuprofen.

40. (previously amended) The method of claim 38 wherein said indications indicate that consumption of said unit dose provides temporary relief for at least two discomforts selected from the group consisting of minor pain, headache, toothache, backache, muscular aches, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, sleepiness, fatigue and drowsiness.

41. (previously amended) The method of claim 38 wherein said nutritional supplement is vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, calcium, chromium, copper, iron, manganese, molybdenum, phosphorus, potassium or zinc.

42. (previously amended) The method of claim 38 wherein said indications comprise printed indications, and said printed indications are supported by said enclosure and said unit dose is formed into a pill, tablet or capsule.

43. (previously added) The method of claim 38 wherein said unit dose of an orally consumable material comprises at least 50 mg of said nutritional supplement and at least 50 mg of said discomfort reliever.

44. (previously amended) A method of indication for a unit dose of an orally consumable material for relief of discomfort and for supplementing nutrition with nutritional supplement, comprising:

enclosing a unit dose of orally consumable material in an enclosure having indications, said unit dose comprising a predetermined amount of at least 50 mg of

discomfort reliever, and a predetermined nutritionally effective amount of nutritional supplement, and said nutritional supplement is vitamin C, calcium, iron or iodine,

said indications indicating said amount of said discomfort reliever in said unit dose,

said indications indicating said amount of said nutritional supplement in said unit dose, said indications indicating a percent of a daily value for said nutritional supplement in said unit dose, and said indications indicating that consumption of said discomfort reliever of said unit dose provides relief for at least one discomfort selected from the group consisting of aches, pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness.

45. (previously amended) The method of claim 44 wherein said nutritional supplement is vitamin C and said discomfort reliever is ibuprofen, said unit dose has a form selected from the group consisting of pill, tablet, and capsule.

46. (previously added) The method of claim 26 wherein said discomfort is sleepiness, fatigue or drowsiness.

47. (canceled)

48. (previously added) A method of indication for a unit dose of an orally consumable material for relief of discomfort and supplementing nutrition, comprising:

enclosing a unit dose of orally consumable material in an enclosure having indications, said unit dose comprising a predetermined amount of discomfort reliever, and a predetermined amount of at least one nutritional supplement selected from the group consisting of vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, folic acid, niacin, biotin, beta-carotene, pantothenic acid, calcium, chlorine, chromium, copper, iodine, iron, manganese, molybdenum, phosphorus, potassium, and zinc,

said indications indicating said amount of said discomfort reliever in said unit dose, said indications indicating said amount of said nutritional supplement in said unit dose,

said indications indicating said nutritional supplement for supplementing nutrition, and

said indications indicating said discomfort reliever as being for relief of at least one discomfort selected from the group consisting of aches, and pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness.

49. (previously added) The method of claim 48 wherein said discomfort reliever is an antihistamine.

50. (previously added) The method of claim 48 wherein said unit dose consists essentially of said discomfort reliever and said nutritional supplement, and said nutritional supplement consists essentially of vitamin C, calcium or iron.

51. (previously added) The method of claim 48 wherein said indications indicate that consumption of said unit dose is for women.

52. (previously added) The method of claim 48 wherein said indications indicate a percent of a daily value for said nutritional supplement in said unit dose.

53. (previously added) The method of claim 48 wherein said unit dose comprises from about 50 to about 300 mg of a discomfort reliever selected from the group consisting of ibuprofen, naproxen, caffeine, aspirin and acetaminophen, and from about 50 to about 1000 mg said nutritional supplement, and said nutritional supplement consists essentially of vitamin C, potassium, phosphorous or calcium.

54. (previously added) The method of claim 52 wherein said discomfort reliever is ibuprofen, caffeine or aspirin, and said nutritional supplement is vitamin C or calcium.

55. (previously added) The method of claim 48 wherein said discomfort reliever is buffered aspirin.

56. (canceled).

57. (previously added) The method of claim 48 wherein said unit dose comprises nutritionally effective amounts of at least two nutritional supplements selected from said group, at least one of said nutritional supplements is a vitamin, and at least one of said nutritional supplements is a mineral.

58. (previously added) The method of claim 48 wherein said unit dose comprises at least three nutritional supplements selected from said group.

59. (previously added) The method of claim 48 wherein said amount of said discomfort reliever is a pharmaceutically effective amount and said amount of said nutritional supplement is a nutritionally effective amount.
60. (previously added) The method of claim 48 wherein said discomfort is insomnia, sleepiness, fatigue or drowsiness.
61. (previously added) The method of claim 48 wherein said discomfort reliever is indicated as being an analgesic.
62. (previously added) The method of claim 48 wherein said discomfort reliever comprises caffeine, acetaminophen or aspirin.
63. (previously added) The method of claim 48 wherein said indications indicate a percent of a daily amount for said nutritional supplement in said unit dose, said nutritional supplement is calcium and said discomfort reliever is aspirin.
64. (previously added) The method of claim 48 wherein said indications are for a consumer of said unit dose.
65. (previously added) The method of claim 48 wherein said amount of said nutritional supplement in said unit dose is from about 50 to about 1000 mg.
66. (previously added) The method of claim 65 wherein said amount of discomfort reliever in said unit dose is from about 50 to about 300 mg.
67. (previously added) A method of indication for a unit dose of an orally consumable material for relief of discomfort and for supplementing nutrition, comprising:
 - enclosing a unit dose of orally consumable material in an enclosure having indications, said unit dose comprising a predetermined amount of discomfort reliever, and a predetermined amount of at least one nutritional supplement, said nutritional supplement being selected from the group consisting of vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, folic acid, niacin, biotin, beta-carotene, pantothenic acid, boron, calcium, chlorine, copper, iodine, iron, manganese, molybdenum, nickel, phosphorus, potassium, selenium, tin and zinc,
 - said indications indicating said amount of said discomfort reliever in said unit dose, said indications indicating said amount of said nutritional supplement in said unit dose,

said indications indicating supplementing nutrition and
said indications indicating said discomfort reliever in said unit dose as being for
relief of at least one discomfort selected from the group consisting of aches, pain, fever,
running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to
upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness.

68. (previously added) The method of claim 67 wherein said indications indicate a
percent of a daily value for said nutritional supplement in said unit dose.

69. (previously added) The method of claim 67 wherein said unit dose comprises from
about 50 to about 300 mg of said discomfort reliever, said unit dose comprises from
about 50 to about 1000 mg of said nutritional supplement, and said nutritional
supplement is vitamin C or calcium.

70. (previously added) The method of claim 67 wherein said nutritional supplement is
calcium and said discomfort reliever comprise aspirin.

71 (previously added) The method of claim 67 wherein said unit dose comprises a
pharmaceutically effective amount of said discomfort reliever and nutritionally effective
amount of said nutritional supplement.

72. (previously added) The method of claim 67 wherein said discomfort reliever is
selected from the group consisting of ibuprofen, naproxen, caffeine, aspirin and
acetaminophen.

73. (previously added) The method of claim 67 wherein said unit dose consists
essentially of said discomfort reliever and said nutritional supplement.

74. (previously added) The method of claim 67 wherein said discomfort is
insomnia, sleepiness, fatigue or drowsiness.

75. (canceled)

76. (previously added) The method of claim 67 wherein said indications indicate said
discomfort reliever in said unit dose as being primarily for relief of said discomfort.

77. (previously added) The method of claim 67 wherein said indications are for
said consumer, said discomfort reliever is ibuprofen, naproxen, caffeine, aspirin
or acetaminophen, said nutritional supplement is vitamin C, calcium, iodine or
iron.

78. (previously added) The method of claim 71 wherein said indications indicate said unit dose comprises from about 50 to about 300 mg of said discomfort reliever, and said unit dose comprises from about 50 to about 1000 mg of said nutritional supplement.

79. (previously added) The method of claim 67 wherein said indications indicate instructions for consuming the unit dose for supplementing nutrition.

80. (previously added) The method of claim 67 wherein said unit dose consists essentially of a pharmaceutically effective amount of said discomfort reliever and nutritionally effective amount of said nutritional supplement.

81. (previously added) The method of claim 67 wherein said unit dose comprises nutritionally effective amounts of at least three nutritional supplements selected from said group.

82. (previously added) A method of indication for a unit dose of an orally consumable material for relief of discomfort and for supplementing nutrition, comprising:

enclosing a unit dose of orally consumable material in an enclosure having indications, said unit dose comprising a predetermined amount of discomfort reliever, and a predetermined amount of at least one nutritional supplement, said nutritional supplement being selected from the group consisting of vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, folic acid, niacin, biotin, beta-carotene, pantothenic acid, boron, calcium, chlorine, copper, iodine, iron, manganese, molybdenum, nickel, phosphorus, potassium, selenium, tin and zinc,

said indications indicating said amount of said discomfort reliever in said unit dose,

said indications indicating a percent daily value for said nutritional supplement and

said indications indicating said discomfort reliever in said unit dose as being for relief of at least one discomfort selected from the group consisting of aches, pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness.

83. (previously added) The method of claim 82 wherein said unit dose consists essentially of a pharmaceutically effective amount of said discomfort reliever and

a nutritionally effective amount of said nutritional supplement, said discomfort reliever is ibuprofen, naproxen, caffeine, aspirin or acetaminophen, said nutritional supplement consists essentially of vitamin C, calcium, iodine or iron.

84. (canceled)

85. (previously added) The method of claim 82 wherein said unit dose consists essentially of a pharmaceutically effective amount of said discomfort reliever and a nutritionally effective amount of said nutritional supplement, said discomfort reliever is ibuprofen, naproxen, caffeine, aspirin or acetaminophen, said nutritional supplement is a mineral.

86. (previously added) The method of claim 85 wherein said percent of a daily value is between about one and about fifty percent.

87. (previously added) The method of claim 82 wherein said nutritional supplement is calcium or iron, said discomfort reliever is ibuprofen or aspirin and said discomfort is aches or pain.

88. (previously added) The method of claim 82 wherein said nutritional supplement is calcium, said discomfort reliever is aspirin and said discomfort is pain.

89. (previously added) The method of claim 82 wherein said unit dose comprises nutritionally effective amounts of at least two nutritional supplements selected from said group, at least one of said nutritional supplements is a vitamin, and at least one of said nutritional supplements is a mineral.

90. (previously added) The method of claim 82 wherein said unit dose comprises nutritionally effective amounts of at least three nutritional supplements selected from said group.

91. (previously added) A method of indication for a unit dose of an orally consumable material for relief of discomfort and for supplementing nutrition, comprising:

enclosing a unit dose of orally consumable material in an enclosure having indications, said unit dose consisting essentially of a predetermined pharmaceutically effective amount of discomfort reliever, and a predetermined nutritionally effective amount of nutritional supplement, said nutritional supplement consisting essentially of

vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, folic acid, niacin, biotin, beta-carotene, pantothenic acid, boron, calcium, chlorine, copper, iodine, iron, manganese, molybdenum, nickel, phosphorus, potassium, selenium, tin or zinc, said indications indicating said amount of said discomfort reliever in said unit dose,

said indications indicating a percent daily value for said nutritional supplement and

said indications indicating said discomfort reliever in said unit dose as being for relief of at least one discomfort selected from the group consisting of aches, pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness.

92. (previously added) The method of claim 91 wherein said nutritional supplement is a mineral, and said discomfort reliever is ibuprofen, naproxen, caffeine, acetaminophen or aspirin.

93. (previously added) The method of claim 91 wherein said nutritional supplement is a calcium, and said discomfort reliever is ibuprofen, naproxen, caffeine, acetaminophen or aspirin.

94. (previously added) The method of claim 93 wherein said percent daily value is between one percent and fifty percent.